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FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.njtaskforcecan.org

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February

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Notes _____

<p>1 A big grin or friendly wink is a great way to say “I love you.”</p>	<p>2 Today is Groundhog Day! Discover info and fun activities at www.groundhog.org.</p>	<p>3 February is Black History Month Tell your children about the contributions of African Americans like Arthur Ashe, Thurgood Marshall, Colin Powell and Maya Angelou.</p>	<p>4 Plan at least one fun event to share with your kids every week.</p>
<p>5 Use lots of smiles and laughter to communicate with your baby.</p>	<p>6 Your loving words reinforce positive feelings children have about themselves.</p>	<p>7 A hug or pat on the back communicates your love for your child.</p>	<p>8 Boy Scouts Founded in 1910 “To help others at all times” is part of the Scout oath. Encourage your son to look into scouting adventures at www.scouting.org.</p>
<p>9 Your children are never too old to be told they are loved.</p>	<p>10 Laugh at your children’s jokes and let them know you enjoy their sense of humor.</p>	<p>11 For cozy fun on a blustery day, make popcorn and snuggle up to watch a favorite movie together.</p>	
<p>12 A simple treat like blueberry pancakes can make weekend breakfasts really special.</p>	<p>13 Warm and loving interactions, like hugging and singing, help young children feel safe and secure.</p>	<p>14 Valentine’s Day Today, and every day, share these words with your family: I love you.</p>	<p>15 A loving message tucked in your child’s lunchbox will brighten his or her day!</p>
<p>16 Always greet your child with a smile.</p>	<p>17 Today, tell your children they mean the world to you.</p>	<p>18 Support your children’s activities and be there to cheer them on.</p>	
<p>19 Make family mealtimes a time to share your thoughts of appreciation and love.</p>	<p>20 Presidents’ Day Teach your kids about the admirable qualities of George Washington, Abraham Lincoln and other presidents of the U.S.A.</p>	<p>21 Children know you care when you express love through your words, gestures and tone of voice.</p>	<p>22 Hug your child every day.</p>
<p>23 Let your children know you’re proud to be their Mom or Dad.</p>	<p>24 Cuddle up with a book at bedtime. Reading to your child is a soothing way for you both to end the day.</p>	<p>25 One of the joys of being a parent is just having fun with your kids.</p>	
<p>26 Take a few minutes today to think about everything you love and cherish about your family.</p>	<p>27 Today, tell each of your children why they’re special to you.</p>	<p>28 Children know you care when you love them just for being themselves.</p>	<p>Share your love with your family.</p> <p>Try this month’s tips and say</p> <p>“I Love You” in brand new ways!</p>